



November 2017 • VOLUME 14 • ISSUE 11

The Cedars Post



Carlos Castillo



Ron Peoples



Virginia Aguilar

The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000

The Cedars Employee Appreciation Fund

by Phil Purcell

We now have our **once** a year chance to show how much we appreciate the wonderful employees who make our life at The Cedars so enjoyable by writing a check to the Cedars Employee Appreciation Fund. **All** Cedars employees will share in our gifts to the Fund based on the hours they worked, be it in the laundry, kitchen, dining rooms, housekeeping, maintenance, DuBose, security or elsewhere. **All will share! And last year they shared more than \$270,000.** (Our executive director, administrator and marketing staff do not receive gifts from the Fund).

Soon you will receive a letter describing in detail the how, when and where of giving to the Fund. It is your choice and is confidential.

Let's meet three of the many employees we can help:

Carlos Castillo, our valued line cook in Fine Dining, at The Cedars since 2006. Every day Carlos thanks God the doors are open so he can come to work. He loves The Cedars and would like to work here until he dies. Carlos has been married for 21 years and has five children. He is very thankful for our gifts which give him the ability to improve the lives of his immediate family and his parents in Guatemala whom he has not seen in 20 years.

Ron Peoples, our stalwart maintenance specialist, came to The Cedars in 2013. I was amazed to learn he and I worked in the same 80-story office building in Chicago. Gifts to Ron, a single parent, have been significant in helping him raise his nine-year-old son, R.J. And last December his gift helped him obtain a mortgage for the brand-new house he and R.J. moved into earlier this year. R.J. picked the master bedroom to be his, but relented when he understood he could have a master bedroom when he grew up.

Virginia Aguilar, an excellent certified nursing assistant, left Mexico to pursue the American dream and started at The Cedars eight years ago as a housekeeper. With the encouragement of a Member, along with hard work and study, she successfully passed the CNA exam and is now a CNA at DuBose. Virginia is continuing her studies to reach the next CNA level. She is married with two children and one grandchild and has used our gifts to help all of her family. Last year she was able to pay the medical bills of her mother in Mexico who was operated on for cancer.

We can spread happiness to so many people with our gifts. It is wonderful to see everyone come together to give generously to our employees. I wish each of you could see their joy when they receive their gifts from the Fund in early December. It is heart-warming. Thank you for making that happen.

MAKE IT TO THE BUS ON TIME

Please call Laura Booker at 919-259-7944 on regular business days if you have signed up but are unable to attend these events:

The Capitol Steps

at *The Carolina Theatre*
Saturday, November 4, 7pm Lobby

St. Thomas Choir, Leipzig

at *Duke Chapel*
Tuesday, November 14, 6:45pm Lobby

Dining Out! Provence

Wednesday, November 15, 5:15pm Lobby

Flash of Light, Fog of War: Japanese Military Prints, 1894-1905 and Collection Highlights Tour

at the *Ackland Art Museum*
Thursday, November 16, 10am Lobby

The Metropolitan Opera *The Exterminating Angel*

at *Silverspot Cinema*
Saturday, November 18, 12:15pm Lobby

Chamber Orchestra of the Triangle

Sunday, November 19, 2pm Lobby

NC Symphony at UNC Memorial Hall

Sunday, November 19, 6:45pm Lobby

Carolina Ballet

Saturday, November 25, 1pm Lobby

PlayMakers Repertory Company

Sunday, November 26, 1:30pm Lobby

Duke Chorale Christmas Concert

at *Duke Chapel*
Tuesday, November 28, 6pm Lobby

Beyond the Cedars

Dining Out! Provence

Wednesday, November 15, 5:15pm Lobby

For more than 15 years, Provence has enjoyed welcoming guests to their well-loved establishment. Regarded as one of the finest French restaurants in the Triangle, Provence features the cuisine of the French Mediterranean with an emphasis on local, seasonal dishes. Classic favorites on the menu include the beautiful Truite Provençale and Whole Fish baked in Rock Salt, the Onion Soup Gratinée and Lobster Bisque as well as some contemporary creations to celebrate locally grown food. Sign up at the Concierge Desk beginning November 1, deadline November 12. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people, maximum 16.



Flash of Light, Fog of War: Japanese Military Prints, 1894-1905 and Collection Highlights Tour

at the *Ackland Art Museum*
Thursday, November 16, 10am Lobby

When modern war technologies, such as long-range ammunition, torpedoes, and electric searchlights, were introduced into the First Sino-Japanese War and the Russo-Japanese War at the turn of the 20th century, Japanese printmakers documenting battle scenes skillfully adapted the centuries-old techniques of ukiyo-e (woodblock printing) to achieve altogether new atmospheric and light effects. The Ackland's exhibition *Flash of Light, Fog of War* examines how these printmakers created dynamic compositions—soldiers silhouetted against fiery pyrotechnic explosions, beams of bright white electrical light illuminating the hulls of steel warships, and the haze of spent gunpowder obscuring the brutal combat of the battlefield—that were part reportage and part dazzling artistic display. We will also get a Collection Highlights tour focusing on works in the permanent collection in the other galleries. Sign up at the Concierge Desk beginning November 1, deadline November 12. Cost: \$4 for docent tour and transportation. Minimum 6 people, maximum 15 people.

The Metropolitan Opera: *The Exterminating Angel*

at *Silverspot Cinema*
Saturday, November 18, 12:15pm Lobby

Following the rapturous response to his last opera, *The Tempest*, the Met presents the American premiere of Thomas Adès's *The Exterminating Angel*, inspired by the classic Luis Buñuel film of the same name. Hailed by the *New York Times* at its 2016 Salzburg Festival premiere as "inventive and audacious...a major event," *The Exterminating Angel* is a surreal fantasy about

a dinner party from which the guests can't escape. Tom Cairns, who wrote the libretto, directs the new production, and Adès conducts his own adventurous new opera. Sign up at the Concierge Desk beginning November 1, deadline November 13. Cost: \$29 for ticket and transportation. Maximum 16 people.

Duke Chorale Christmas Concert

at Duke Chapel

Tuesday, November 28, 6pm Lobby

The Duke Chorale, directed by Rodney Wynkoop, presents its annual Christmas Concert featuring seasonal selections by the Duke Chorale as well as traditional carols for the entire audience to sing and stories and special treats for the children. This family holiday event is a long-standing tradition for many area residents. Rodney Wynkoop is Professor of the Practice of Music and Director of University Choral Music and Chapel Music at Duke University, where he conducts the Duke Chorale and Chapel Choir. Sign up at the Concierge Desk beginning November 1, deadline November 22. Cost: \$7 for transportation, **also bring a donation of a canned food item**. Minimum 6 people, maximum 25 people.



Christmas Holiday Shoppe

at St Thomas More Catholic School

Saturday, December 2, 10am Lobby

St. Thomas More in Chapel Hill presents its annual Christmas Holiday Shoppe craft show.

Enjoy one-stop shopping with 65 talented artisans and crafters from throughout North Carolina and find the perfect gift for everyone on your holiday shopping list! A vast array of unique, handmade gifts and specialty items include

pottery, jewelry, holiday ornaments and decorations,

garden art, pet gifts, soaps and lotions, candles, hand knitted garments and accessories, and more. All proceeds from Christmas Holiday Shoppe benefit St. Thomas More Catholic School and the enrichment of its educational programs. Sign up at the Concierge Desk beginning November 1, deadline November 26. Cost: \$4 for transportation. Bring money for shopping. Minimum 6 people, maximum 14 people.



A very successful MovingDay for Parkinson's was held on October 1. Team BACH (Being Active in Chapel Hill) raised more than \$9000. Cedars' families Carter and Carol Fox, Dick and Judith Fox, Priscilla Winn, and Carol and John Stamm were in attendance at the walk.



from Carolyn Taff

If you want to give or get a ride, use the bulletin board outside classroom.

Carolina Theater

919-560-3030 • Durham

Randy Newman, Thur. 11/9, 8pm

Judy Collins, Thur. 11/16, 8pm

St. Stephen's Episcopal Church

919-493-5451 • Durham

Raymond Hawkins, organ,

Mendelssohn, Bach, Buxtehude,

Brahms and more, Sat. 11/11, 4pm

DPAC

919-684-6402 • Durham

Tori Amos, Sat. 11/11, 8pm

UNC Memorial Hall

919-843-3333 • Chapel Hill

China National Orchestra

Violin Concerto; Cello soloist;

Sibelius Symphony #2, Thur.

11/2, 7:30pm

UNC Hill Hall

919-843-3333 • Chapel Hill

The Standards Project, Great

American Song Book & more

Thur. 11/2, 7:30pm

UNC Opera, Massenet's

Cendrillon, Sat. 11/11, 8pm &

Sun. 11/12, 7:30pm

Carolina Choir & Chamber

Singers, Sat. 11/18, 8pm

Men's & Women's Glee Clubs

Sun. 11/19, 3pm

UNC Kenan Music Building

919-843-3333 • Chapel Hill

UNC Percussion Ensemble

Tues. 11/21, 7:30pm

Duke Chapel

919-684-4444 • Durham

Messiah Sing-Along, Sun.

11/19, 5:15pm

November Birthdays

Jo Oldham	1
Barbara Burkett	1
Peggy Cooper	2
Judith Hollinshead	3
John Stamm	3
Betty Neese	3
Judith Fox	6
Juliann Tenney	6
Harvey Gunter	7
Ann Merklein	7
George Morgan	7
Kaye Anne Aikins	8
Jean Stancell	9
Beverly Smith	10
Jane Hauser	11
Margaret Hall	14
Pat Beyle	14
Virginia Page	14
Russell McLaughlan	16
Eleanor Hale	18
Norman Innes	18
Betty Kenan	19
John Jacoway	19
Mary Clark	20
Aud Ackerman	20
Charles Smith	21
Anne Boyer	21
William George	21
Pat Kelley	23
Muriel Roll	27
Arthur Clark	28
Anne Liptzin	28
Christina Jeffs	29
Jim Howard	30

We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru at 919-537-0126.

Let's Celebrate

UNC Undergraduate Dramatic Arts Department to Perform Excerpts from *The Kritik*

Thursday, November 2, 7:30pm Ballroom

The dogged quest for approval plagues artists without fail. Where better to await those infamous theatre reviews than a 19th century Russian bar? Brenda Withers' *The Kritik* features a Chekhovian cast of characters stuck in their heads and their small town, making us question whose opinions really count.

Popcorn and a Movie—*Churchill*

Monday, November 20, 3pm Ballroom



Tensions mount for the beleaguered British Prime Minister Winston Churchill (Brian Cox) in the days leading up to infamous Allied D-Day landings in Normandy, France in June, 1944. Fearful of repeating his deadly mistakes from World War I in the Battle of Gallipoli, exhausted by years of war, plagued by depression and obsessed with his historical destiny, Churchill is reluctant to embark on the large-scale campaign, one that the entire war effort hinges upon. Clashing with his Allied political

opponents U.S. General Dwight D. Eisenhower (John Slattery) and British Field Marshal Bernard Law Montgomery (Julian Wadham), the troubled Churchill receives support and devotion from his wife, the brilliant and unflappable Clementine Churchill (Miranda Richardson).

2017 New Member Welcome Reception

Thursday, November 30, 4-5:30pm Ballroom

On behalf of the Members Activities Committee, we cordially invite all Cedars Members to the 2017 New Member Welcome Reception.

Whether 2017 was the year you moved to The Cedars, or you have called The Cedars home for many years, we hope everyone will take advantage of this special occasion to meet a new neighbor.

All are encouraged and welcome to come enjoy live music, wine and heavy hors d'oeuvres.



Robert Griffin—Jazz Pianist
Thursday, November 2, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, November 17, 5pm Dining Lobby

A Salute to Our Veterans!

Cedars Veterans to Be Honored at Special Luncheon

Friday, November 10, 11:30am Ballroom (*invitation only*)

In observance of Veterans Day, The Cedars will host a special luncheon for our Veterans. The program will be opened by the Color Guard from UNC's award winning Army ROTC Battalion, led by Major Shane R. Doolan. We will learn more about this special holiday and the current challenges facing our US Navy with a presentation by keynote speaker Lt. D.J. Heider who has just recently returned from a deployment. Immediately following the program, a special luncheon will be served in honor of our Veterans and distinguished guests.

Special Veterans Day Happy Hour

Friday, November 10, 4:30-6:00pm Upstairs Lobby

Join us for a special Happy Hour to honor all who have served in the United States Armed Forces. Come proudly wearing your red, white and blue as we lift our glasses in salute! Wine and refreshments will be served.



Kudos to...

- ☞ Phyllis Hunter for donating movies for Channel 24
- ☞ Jack Hammond for recommending *The Aging Brain* for Cedars University
- ☞ Carol Stamm for recommending the Ackland Art Museum's *Flash of Light, Fog of War* and Collection Highlights Tour
- ☞ Carol Stamm for recommending Rhonda Wilkerson for her talk on *Life of a Collector*
- ☞ Wyndham Robertson for recommending Brian Sickora to give a lecture on *UNC-TV in a Digital Age*

Great Get-Aways

Southern Leisure Tours Presents

- ❖ The Wild Horses of Corolla and the Northern NC Outer Banks
November 14-17
- ❖ Holiday Splendors of Las Vegas
December 21-24
- ❖ New Year's in Washington, DC, *An American in Paris* at the Kennedy Center and the New Smithsonian Museum of African American Culture and History
December 30-January 1
- ❖ Southern Caribbean Cruise Aboard Windstar's Magnificent Five-Masted Sailing Vessel, The Wind Surf
January 5-13

Printed packets for these trips are located in the Cedars Clubhouse flyer holder next to the lower level elevator. Contact Steve Tuten at 919-471-6137 for trip details and pricing.

Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.


Puzzle rating: Evil

		4	2					7
	5							3
3		1		5		4	9	
					7	2	1	
	9	5	8					
	1	7		3		5		8
	8						7	
9					5	3		

Puzzle by websudoku.com

November 2017



CALENDAR KEY

 sign-up required
B Ballroom
BR Billiards Room
CL Classroom
CR Cardroom

DL Dining Lobby
DR Dining Room
ER Exercise Room
GL Great Lawn
L Library

LB Lobby
MR Magnolia Room
P Pool
PD Private Dining
S Studio



11/1 Wednesday

9am Ping Pong **B**
 9:45am Water Exercise **P**
 11:30am Aquatic Therapy **P**  
 12:45pm Duplicate Bridge **CR**
 7:45pm Cedars Cinema CHANNEL 24


11/2 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B** video
 9:45am Sit and Be Fit **B** video
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**  
 1pm Bocce **GL**
 4pm Scrabble **CR**
 5pm Robert Griffin—Jazz Pianist **DL**
 7:30pm UNC Drama Department **B**


11/3 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 11:30am Aquatic Therapy **P**  
 1pm Party Bridge **CR**
 4:30pm Happy Hour **Bar**
 7:45pm Cedars Cinema CHANNEL 24

11/4 Saturday

10am Cribbage **CL**
 11am Accessing UNC Libraries
 3pm East CH High Robotics Team **B**
 3pm & 7:45pm Cedars Cinema CHANNEL 24
 7pm The Capitol Steps **LB** 

11/5 Sunday



Daylight Saving Time Ends 
 3pm & 7:45pm Cedars Cinema CHANNEL 24
 3pm Classical Concert Series **B** 

11/6 Monday



8am Art Open Studio **S**

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9am Library Workday **L**
 9:45am Water Exercise **P**
 10:30am Knit & Stitch **CR**
 11am Cardio and Core **B**
 11:30am Tai Chi **B**
 11:30am Aquatic Therapy **P**  
 1pm Poker **CR**
 1:30pm Play Group **CL**



11/7 Tuesday

8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11:30am Bible Study **MR**
 11:30am Aquatic Therapy **P**  
 1pm Golf Croquet **GL**
 2pm Mah Jongg **CR**
 2pm Meditation **CL**
 3pm Life of a Collector with Dr. Rhonda Wilkerson **B**
 4:30pm Line Dancing **B**
 7:45pm Cedars Cinema CHANNEL 24

11/8 Wednesday



8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 11am Balance Challenge **B**
 11:30am Balance Basics **B**
 11:30am Aquatic Therapy **P**  
 12:45pm Duplicate Bridge **CR**
 7:45pm Cedars Cinema CHANNEL 24

11/9 Thursday


8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**  
 1pm Bocce **GL**

2pm Rehab Lecture with Sandy Friday **B**
 4pm Scrabble **CR**

11/10 Friday

8:45am Water Exercise **P**
 9:45am Water Exercise **P**
 11:30am Aquatic Therapy **P**  
 11:30am Veterans Day Luncheon **B**
 1pm Jewelry Repair **S**
 4:30pm Veterans Day Happy Hour **LB**
 7:45pm Cedars Cinema CHANNEL 24

11/11 Saturday

Veterans Day 
 9am Ping Pong **B**
 10am Cribbage **CL**
 3pm & 7:45pm Cedars Cinema CHANNEL 24

11/12 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

11/13 Monday

8am Art Open Studio **S**
 8:45am Water Exercise **P**
 9am Ping Pong **B**
 9am Library Workday **L**
 9:45am Water Exercise **P**
 10:30am Knit & Stitch **CR**
 11am Cardio and Core **B**
 11:30am Tai Chi **B**
 11:30am Aquatic Therapy **P**  
 1pm Poker **CR**
 2pm Great Books **CL**

11/14 Tuesday

8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11:30am Bible Study **MR**
 11:30am Aquatic Therapy **P**  
 1pm Golf Croquet **GL**
 2pm Mah Jongg **CR**
 2pm Meditation **CL**
 4:30pm Line Dancing **B**
 6:45pm St. Thomas Choir **LB** 
 7:45pm Cedars Cinema CHANNEL 24

11/15 Wednesday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**

11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P** 📄 ♣️
12:45pm Duplicate Bridge **CR**
5:15pm *Dining Out! Provence* **LB** 📄
7:45pm Cedars Cinema **CHANNEL 24**

11/16 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
10am *Ackland Art Museum* **LB** 📄
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm Bocce **GL**
2pm *Annual Condo Board/Members' Meeting* **B**
4pm Scrabble **CR**

11/17 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Retro Dance **B**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema **CHANNEL 24**

11/18 Saturday

9am Ping Pong **B**
10am Cribbage **CL**
11am Accessing UNC Libraries
12:15pm *Met Opera—The Exterminating Angel* **LB** 📄
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

11/19 Sunday

2pm *Chamber Orchestra* **LB** 📄
6:45pm *NC Symphony at UNC* **LB** 📄
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

11/20 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**

11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm Poker **CR**
1:30pm Play Group **CL**
3pm *Popcorn and a Movie—Churchill* **B**

11/21 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **CL**
7:45pm Cedars Cinema **CHANNEL 24**

11/22 Wednesday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P** 📄 ♣️
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

11/23 Thursday

Happy Thanksgiving!
All Fitness Classes Cancelled
8am Art Open Studio **S**
1pm Bocce **GL**
4pm Scrabble **CR**



11/24 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📄 ♣️
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

11/25 Saturday

9am Ping Pong **B**
10am Cribbage **CL**
1pm *Carolina Ballet* **LB** 📄
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

11/26 Sunday

1:30pm *PlayMakers* **LB** 📄
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

11/27 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm Poker **CR**

11/28 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **CL**
4:30pm Line Dancing **B**
6pm *Duke Chorale Christmas Concert* **LB** 📄
7:45pm Cedars Cinema **CHANNEL 24**

11/29 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P** 📄 ♣️
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

11/30 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm *UNC-TV in a Digital Age with Brian Sickora* **B**
1pm Bocce **GL**
4pm Scrabble **CR**
4pm *2017 New Member Welcome Reception* **B**

♣️ Pool closed weekdays
11:30–2:00 for
Aquatic Therapy



**The Aging
Brain**

Taught by Professor Thad A. Polk, Ph.D., University of Michigan

Thursdays, November 9-December 21, 11am Ballroom

The science behind the aging brain tells a fascinating—and often counterintuitive—story. Is “aging” a disease, or merely a natural occurrence that produces disease-like symptoms? If humans are biologically programmed to survive and thrive, why do we age at all? Is it possible (or even desirable) to “cure” aging altogether? Delve into these questions and more in *The Aging Brain*. Taught by Professor Thad Polk, a neuroscientist and award-winning professor at the University of Michigan, these twelve eye-opening lectures will give you a wealth of new insights into what happens to the brain over time—as well as strategies to mitigate the effects of aging and enhance your quality of life into old age.

With a mix of scientific research and practical applications, Professor Polk brings cutting-edge science to life. He takes you down to the cellular and even molecular level of the brain to show you why certain functions decline, how some aspects of brain aging are under genetic control, and what you can do to prolong your health and keep your mind sharp. Aging affects us all, but as you will learn in *The Aging Brain*, you have some control over how it affects you.

**LEARNING
OPPORTUNITIES**



**East Chapel Hill High
Robotics Demonstration**

Saturday, November 4, 3pm Ballroom (rescheduled from October 29)

Matt Kaminsky, Tom and Ann Christy’s grandson and the secretary of the robotics club from East Chapel Hill High School, will bring his team to the Cedars for a robot demonstration. They compete annually in the First Robotics Competition, where they build a robot in six weeks and compete with other high schools. Their goal as a student-led team is to teach students both on their team and around the community about the possibilities of engineering, teamwork, and entrepreneurship. You will be amazed by what these students can design!

Life of a Collector

with Dr. Rhonda Wilkerson
Tuesday, November 7, 3pm Ballroom

We will examine traditional African artwork from Rhonda Wilkerson’s collection and learn the background and stories that are part of these beautiful works of art! Learn about masquerades, rituals, creation myths—part of the rich culture and heritage of the African experience. Numerous works from her collection are on display in the newly opened African Gallery at the North Carolina Museum of Art in Raleigh. Dr. Wilkerson comes with a strong background as a storyteller and educator.

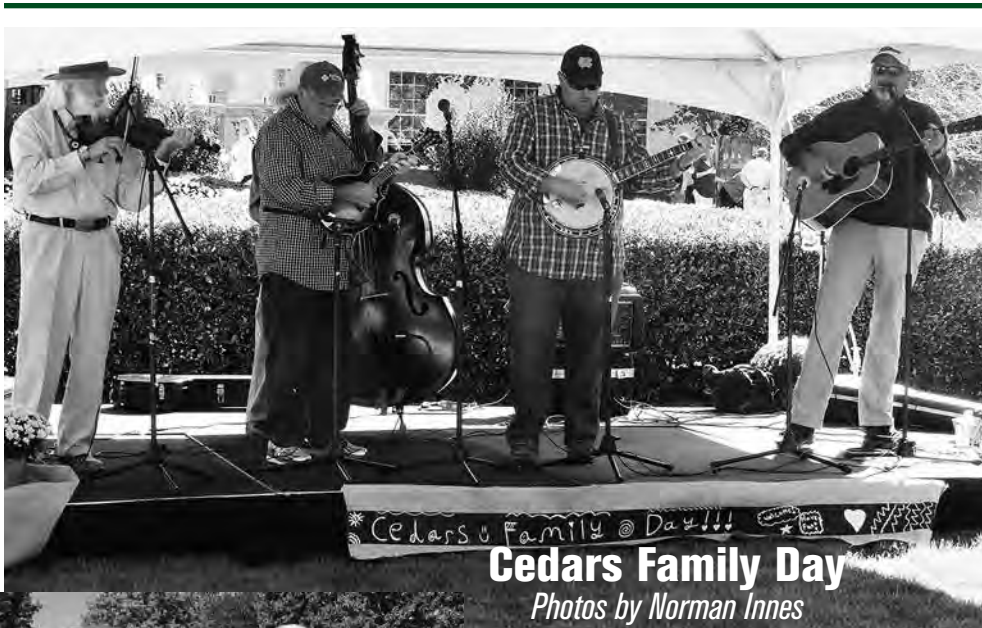
She completed her doctorate in Curriculum and Instruction at UNC-CH and then became a member of the UNC School of Education faculty, achieving the rank of Clinical Associate Professor. She has conducted workshops for teachers, administrators, museum educators and curators; spoken at state and national conferences, and presented at numerous museums across the country. Dr. Wilkerson retired from UNC several years ago after almost 30 years of service. She turned her full attention to the NC Museum of Art and Docent Organization where she has been a docent since 1988.

UNC-TV in a Digital Age

with Brian Sickora

Monday, November 30, 1pm Ballroom

UNC-TV provides life-long learning, a window to a world of inspiration, critical public safety communications, and a special sense of community to every North Carolinian. With four full-time digital program channels—flagship UNC-TV; UNC-EX, the Explorer Channel; Rootle, the UNC-TV Kids Channel; and the North Carolina Channel—UNC-TV’s 12 stations make up North Carolina’s only statewide television network, made possible through a unique partnership of public investment and private support. Serving as director and general manager of member-supported UNC-TV since July 2016, Brian Sickora is responsible for the overall vision, leadership, strategic direction, and success of the organization. He oversees a \$27 million budget and approximately 200 permanent, temporary, and contract employees statewide. He also provides leadership and direction in the development and funding of programs and activities and compliance with all rules and regulations governing public broadcasting entities.



Cedars Family Day

Photos by Norman Innes



Carolyn Ward presents a check for \$4,410 to Alzheimer's NC Executive Director Vivien Green on behalf of The Cedars

ANNOUNCEMENTS

Neil Medical Pharmacy Medicare Part D Counseling

Tuesdays, November 7 & 14, DuBose Health Center

It's open enrollment time for Medicare! If you are considering making a change to your Medicare Part D prescription drug coverage, Dianne Higgins from Neil Medical Pharmacy will be at the Dubose Conference Room to assist you with selecting the best prescription drug plan for you. Please call Tara Pierce at 919-537-0128 to schedule an appointment.

Swallowing Safely with Sandy Friday

Thursday, November 9, 2pm Ballroom

For more information contact Sandy Friday, Rehab Manager, at 919-259-7907.

Jewelry Repair with Eva Mogenson

Friday, November 10, 1-2pm Art Studio

Walk with a Doc

Saturday, November 18, 10am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a 1-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk before joining walkers. For more information contact Kirsten Ambrose at 919-966-7209.

Cynthia's Tailor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides alterations.



• • • • • CEDARS *Cinema* • • • • •

Tuesdays, Wednesdays, Fridays & Saturdays, 7:45pm Channel 24
Saturday and Sunday Matinees, 3pm Channel 24

Show Boat

Tuesday, November 7 & Saturday, November 11, 7:45pm • Sunday, November 12, 3pm • NR
Married entertainers (Ava Gardner and Robert Sterling) are forced to leave the showboat because of her mixed blood. The captain's daughter and a gambler take over the act, fall in love, marry and leave the boat for Chicago. There, they live off his gambling earnings, which dry up fast. (1951) SUBTITLES NOT PROVIDED

Midway

Wednesday, November 8 & Friday, November 10, 7:45pm • Saturday, November 11, 3pm • PG
Charlton Heston, Toshirô Mifune, Robert Mitchum and Henry Fonda band together for this war film that depicts the Battle of Midway, which became the turning point of the Pacific War. Using real footage, this dramatization illustrates how America found success after a string of disappointments in the Pacific. (1976) SUBTITLES NOT PROVIDED

The Wizard of Lies

Tuesday, November 14 & Saturday, November 18, 7:45pm • Sunday, November 19, 3pm • TV-MA
This made-for-TV drama recounts the unraveling of fraudulent financier Bernie Madoff as his colossal Ponzi scheme falls apart, taking scores of people down with him, bankrupting unwitting investors and decimating his family. Starring Robert De Niro and Michelle Pfeiffer. (2017)

Good Will Hunting

Wednesday, November 15 & Friday, November 17, 7:45pm • Saturday, November 18, 3pm • R
When professors at MIT discover that a young janitor is also a mathematical genius, a therapist helps the young man confront the demons that are holding him back. Starring Matt Damon, Robin Williams and Ben Affleck. (1997) SUBTITLES NOT PROVIDED

Step

Tuesday, November 21 & Saturday, November 25, 7:45pm • Sunday, November 26, 3pm • PG
Focusing on three seniors, and members of the Lethal Ladies dance team at the Baltimore Leadership School for Young Women, this documentary tracks the teens as they strive to attend college while cultivating their creative game on the step team. (2017)

Driving Miss Daisy

Wednesday, November 22 & Friday, November 24, 7:45pm • Saturday, November 25, 3pm • PG
After Atlanta widow Miss Daisy Werthan crashes her car, her son insists she hire a chauffeur. Miss Daisy's reluctance gives way as she warms up to her new driver and the two strike up an enduring friendship. Starring Morgan Freeman, Jessica Tandy and Dan Aykroyd. (1989)

Fargo

Tuesday, November 28 & Saturday, December 2, 7:45pm • Sunday, December 3, 3pm • R
Police chief Marge Gunderson, who's sharper than her folksy accent suggests, is hot on the trail of a Minneapolis car dealer conspiring with two kidnapers to snatch his wife so he can pocket part of the hefty ransom. Starring Frances McDormand and William H. Macy. (1996) SUBTITLES NOT PROVIDED

Baby Driver

Wednesday, November 29 & Friday, December 1, 7:45pm • Saturday, December 2, 3pm • R
Hired as the getaway driver for a series of bank heists, Baby finds himself in trouble when a botched robbery sends him on the run, hunted by the cops and his criminal cohorts. Starring Kevin Spacey. (2017) SUBTITLES NOT PROVIDED

Regular Group Activities

location key B=Ballroom BR=Billiards Room CR=Cardroom CL=Classroom DL=Dining Lobby ER=Exercise Room FV-DR=Fountain View Dining Room GL=Great Lawn L=Library LB=Lobby MR=Magnolia Room P=Pool PD=Private Dining Room S=Studio

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

Betty White 919-967-4064

The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen 919-493-1789

Bocce

Thu 1:00 **GL**

Ellen Herron 252-646-2930

Cardio and Core

Mon 11:00 Tue Thur 8:45 **B**

Julie Hardison 919-259-7922

Caregivers Support Group

1st Wed 2:30 **PD**

Ashley Beale 919-259-7735

Cribbage

Sat 10:00 **CL**

Malcolm Jackson 919-951-7626

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Page 919-259-7119

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 1:00 **GL**

Norman and Rhonda Innes
919-259-7150

Great Books Club

2nd Mon 2:00 **CL**

Happy Hour

Fri 4:30 **Bar**

Interdenominational Service

Sun 11:00 **B**

Nancy Cobey 919-259-7048

Knit & Stitch

Mon 10:30 **CR**

Margaret Rook 919-292-1497

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation

Tue 2:00 **PD**

Suzanne Bullock 919-381-7795

Mexican Train Dominos

Fri 1:00 **FV-DR**

Sally Sullivan 919-489-6446

Party Bridge

1st & 3rd Fri 1:00 **CR**

Pickelball

Thu (Ephesus Park)

Stan Friedland 919-259-7089

Ping Pong

Mon, Wed, Fri, Sat 9:00 **B**

Stan Friedland 919-259-7089

Play Group

1st & 3rd Mon 1:30 **CL**

Pat Beyle 919-942-1281

Poker

Mon 1:00 **CR**

Bob Paterson 919-259-7060

Scrabble

Thu 4:00 **CR**

Esther Lederman 919-259-7778

Sit and Be Fit

Tue Thu 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

The Open Door Bible Group

Wed 10:00 **CR**

Julie Allen 919-606-2581

Water Exercise

Mon Wed Fri 8:45 & 9:45 **P**

Julie Hardison 919-259-7922

Get Involved

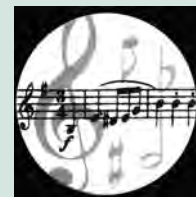
Accessing UNC Libraries

Saturdays, November 4 & 18, 11am Library

Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 919-967-4885.

2017/18 Classical Concert Series

Sunday, November 5,
3pm Ballroom



Our November concert will feature the Blue Mountain Ensemble, a trio of flute (Carla Copeland-Burns), bassoon (Michael Burns) and piano (Elizabeth Tomlin). Don't forget your green pass. Doors open at 2:30pm. Questions? Contact Nancy Buell at 919-448-8853 or nhbuell@gmail.com.

Great Books

2nd Mondays, 2pm Classroom

Her Own Accord—Work section pages 135-220

Annual Condo Board/ Members' Meeting

Thursday, November 16, 2pm Ballroom

For more information, call Weezie Oldenburg at 919-942-6994.



NEW MOVE INS

Don and Linda Prillaman
538 Cedar Club Circle

Suzanne Head
447 Cedar Club Circle

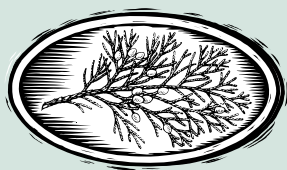
Carolyn Dow
227 Cedar Club Circle

Channel 24 Replays Schedule

- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program

Exhibits

If you are willing to share your collection by displaying it in the Clubhouse Lobby, please contact Laura Booker at 919-259-7944.



- In-House TV..... Channel 24
- Reception..... 919-259-7000
- Concierge..... 919-259-7937
- Fax..... 919-259-7001
- Spa & Salon..... 919-259-7940
- Dining Reservations..... 919-259-7932
- Work Orders..... 919-259-7918
- Security..... 919-883-7666

- Editor..... Laura Booker
919-259-7944

- Graphic Designer..... Debb Hepp
919-260-4495

CALENDAR *at a Glance*

date	day	activity	time	location
11/2	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
11/2	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
11/2	Thursday	UNC Undergraduate Dramatic Arts Department to Perform Excerpts from <i>The Kritik</i>	7:30pm	Ballroom
11/4	Saturday	East Chapel Hill High Robotics Demo	3pm	Ballroom
11/4	Saturday	The Capitol Steps at Carolina Theatre	7pm	Lobby
11/5	Sunday	2017/18 Classical Concert Series	3pm	Ballroom
11/7	Tuesday	<i>Life of a Collector</i> with Dr. Rhonda Wilkerson	3pm	Ballroom
11/9	Thursday	Cedars University <i>The Aging Brain</i>	11am	Ballroom
11/10	Friday	Veterans Day Luncheon (<i>by invite only</i>)	11:30am	Ballroom
11/10	Friday	Veterans Day Happy Hour	4:30-6pm	Upstairs Lobby
11/14	Tuesday	St. Thomas Choir, Leipzig at Duke Chapel	6:45pm	Lobby
11/15	Wednesday	Dining Out! Provence	5:15pm	Lobby
11/16	Thursday	<i>Flash of Light, Fog of War: Japanese Military Prints, 1894-1905</i> at the Ackland Art Museum	10am	Lobby
11/16	Thursday	Cedars University <i>The Aging Brain</i>	11am	Ballroom
11/16	Thursday	Annual Condo Board/Members' Meeting	2pm	Ballroom
11/17	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
11/18	Saturday	The Metropolitan Opera <i>The Exterminating Angel</i>	12:15pm	Lobby
11/19	Sunday	Chamber Orchestra	2pm	Lobby
11/19	Sunday	NC Symphony at UNC	6:45pm	Lobby
11/20	Monday	Popcorn and a Movie— <i>Churchill</i>	3pm	Ballroom
11/23	Thursday	Happy Thanksgiving!		
11/25	Saturday	Carolina Ballet	1pm	Lobby
11/26	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
11/28	Tuesday	Duke Chorale Christmas Concert at Duke Chapel	6pm	Lobby
11/30	Thursday	Cedars University <i>The Aging Brain</i>	11am	Ballroom
11/30	Thursday	<i>UNC-TV in a Digital Age</i> with Brian Sickora	1pm	Ballroom
11/30	Thursday	2017 New Member Welcome Reception	4pm	Ballroom